

Child Care Health Consultation Lesson Plan

Contractor Name: DHSS Standard Lesson Plan

Date Submitted: May 21, 2014

☐ Children's Health Promotion

Adult Training on Content Area V: Health and Safety <i>Select one standard and one level</i>	Health and Safety Standards	Training Levels
	<input type="checkbox"/> Promoting Risk Management Practices	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input checked="" type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
	<input type="checkbox"/> Protecting Children and Youth	Source: Core Competencies for Early Childhood and Youth Development Professionals (Kansas and Missouri), 2011
	<input checked="" type="checkbox"/> Promoting Physical Health	
	<input type="checkbox"/> Promoting Mental Health	
<input type="checkbox"/> Promoting Healthy Eating		

Title: Taking a Healthy Break

Training Goal: Participants will adopt healthy lifestyle behaviors for improving heart health

Learning Objective(s): Participants will

Describe why fitness and good nutrition are important for heart health

Name ways that they can incorporate more physical activity and healthy diet into their daily routine

Topical Outline of Content	Training Method(s)	Time (in minutes)
American Heart Association Nutrition Quiz http://www.heart.org/idc/groups/heart-public/@wcm/@global/documents/downloadable/ucm_310813.pdf	Pre test	10
Obesity—What is it, what causes it, how it affects us BMI—definition and why it is important	Lecture/discussion	30
Helping kids develop healthy habits Affordable foods for health Limit screen time, encourage daily physical activity	Lecture/discussion	10
Healthy Activity Breaks	Group activity	10
Wrap up Healthy Habits resources (PDFs available to download and print: http://www.heart.org/HEARTORG/GettingHealthy/HealthierKids/HowtoMakeaHealthyHome/How-to-Make-a-Healthy-Home_UCM_304154_SubHomePage.jsp		

Method(s) of Outcome Evaluation: Quizzes, group participation

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APPROVED FOR ONE (1) CLOCK HOUR

Date Approved:
May 21, 2014

Authorized Approval Signature:



Date Expires:
May 2017